

The Indian Missionary Record

Entered in Post Office as Second class matter at Lebreton, Sask. — Printed at the Marian Press, 922 Victoria Ave., Regina, Sask.

Vol. 6, No. 4.

May 20, 1943.

Published monthly by the Oblate Fathers

Subscription price: 25c per year

Rev. G. Laviolette, O.M.I., Editor



Old Indian Lady. Long Plains I.R., Manitoba.

TRUST FUNDS AMOUNT TO \$14,000,000

Canada's Indians have a good credit standing at Ottawa. There's \$14,000,000 of their money salted away in the banks there.

They accumulated this wealth by selling portions of their reserves to farmers and other workers of the soil. Each year there is a five percent interest paid on this fortune to the Indians.

Indians on scores of Saskatchewan reserves receive annually cheques from the pooled resources.

Here's how it works. Money realized from the sale of reservation land is deposited to the account of the Indians who own the reserve. Then each year they draw interest on the capital, deposited in Ottawa.

The whole subject came up as a result of an interview following a meeting of agents, farm instructors, and medical superintendents of the Indian Affairs department in the province. The conference met for two days last week, Friday and Saturday, and listened to reports on Indian work in Saskatchewan.

One item on the agenda was concerned with the marriage regulations which deprive a woman of one Indian tribe who marries a man of another tribe from drawing interest on the funds deposited to the account of the band in which she formerly lived.

(Continued next page.)

Breeding Stock On All Reserves

Production of hogs on Indian reserves throughout Saskatchewan will be increased this year, as a means of assisting the war effort, according to announcement Monday by M. Christianson, superintendent of Indian affairs in the province.

"We have already placed 30 sows in the Battleford agency," he added, "but this is only a start. The Indians fully realize that they can help the war effort by raising hogs and are anxious to do their part."

He pointed out that Indians in some of the agencies have been raising hogs in the past and production in several reserves was good. But where there are no hogs, the government is lending funds with which to purchase sows in order to give the Indians a start.

"We hope to distribute a number this month in agencies that, previously, never produced hogs," he said.

Mr. Christianson said that for some time now the department has realized that Indians in the province, especially the children, were not getting sufficient milk in their diet. To remedy this, the department intends also to place a number of cows in some of the reserves.

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If you must change the field after you have put your hand to the plow, do not look back, but ever forward.

**TRUST FUND . . . (Continued from Page 1.)**

Dr. P. E. Moore, director of medical services, Indian Affairs department, Ottawa, spoke at the conference. He illustrated his talk with slides dealing with problems of nutrition.

Proper diet was emphasized throughout the talk when the speaker told of Indians he had seen in his tours who were suffering from unbalanced diets.

Other medical men attending the conference were R. O. Davison, deputy minister of health; Dr. G. Ferguson, Anti-Tuberculosis League of Saskatchewan; Dr. A. B. Simes, medical officer at Fort Qu'Appelle; Dr. J. M. Morrow, Prince Albert, and Dr. P. W. Head, North Battleford.

Reporting on the conference, M. Christianson, general superintendent of the Indian Affairs department, Regina, said that 41 people attended. "The conference was a success, and many delegates said they were convinced that progress would be made as a result of the meetings together," he said.



## Successful Year For Moose Mountain Homemakers' Club

We are pleased to report a very successful year 1942 for the White Bear Indian Res. Homemakers' Club, under the direction of Mrs. J. R. Morrison. Here is a brief report on their activities.

Besides their own sewing, the Club members sent three patchwork quilts to England; the day-school sent one also. The East group made one quilt for the Red Cross; so did the West group. The proceeds of the raffle of these two quilts were \$22.00.

The Club's refreshment booth at the July sports day netted the sum of \$50 which was also forwarded to the Red Cross.

For Christmas four boxes were packed for the boys overseas; the fruit cakes were made by the club members at Mrs. Morrison's home.

Collections from dances for the Red Cross during 1942 netted \$14.00.

During the March 1943 Red Cross drive the Club members made pies and cakes and the proceeds of the sale were donated to the Red Cross.

Well done! The White Bear's Homemakers' club under the able direction of Mrs. Morrison, and through the ability of its members sets the pace, and should continue its good work for many years to come. The value of such a club cannot be overestimated and the work it is accomplishing deserves praise and special attention.

**THE RED CROSS DRIVE:** More details on last month's Red Cross drive, which was reported in the record of April 15th. The East group's collections totalled \$45.85; the West group's \$66.95, which, added to the staff's donation of \$10.00, brings the total to \$122.80.

Mrs. J. X. McArthur won the calf donated by Gordon St. Ready.

The Whitebear Reserve stands very well in the Red Cross activities; and the fact that, during this month of March, indeed one of the worst in the year as far as cash raising is concerned, the Indians have been able to raise well over one hundred dollars, speaks very highly of their spirit of generosity and devotion to a great cause.

**ROSEAU RESERVE**

Letellier, Man.

March 25th: Norbert Antoine arrived from hospital today; he had been runned over by a car at Warroad, Minn., last fall, and has been in hospital since; however he is yet unable to walk.

March 28th: The stork is busy, very busy indeed, delivering four babies here in one day; they are: a girl, Virginia, to Mr. and Mrs. Ted Rosebear; a girl to Mr. and Mrs. Frank Johnnie; and twin boys: Edward and Edwin, to Mr. and Mrs. Edward Jim.

April 25th: Father Perrault, O.M.I., our Missionary arrived from St. Boniface on Wednesday, 21st, and gave the Holy Week services at our church. On Easter Sunday Clarence Henry directed the choir and Miss Sarah Hayden played the organ—Pte. Henry Roberts was home on a five day leave; he is with the Cameron Highlanders, and is stationed at Fort Osborne Barracks. Tony Nelson is now training at Brandon, Man. Virginia LaRocque was baptised today, she is the daughter of Lawrence LaRocque; the sponsors were Mr. and Mrs. C. Henry.

April 26th: Fr. Perrault officiated at the wedding of John Hayden, youngest son of Alex Hayden, to Alice Antoine, eldest daughter of Johnnie Antoine. The wedding dinner was served at Mrs. Alex Hayden's.

On Easter Sunday Norbert Antoine, who has been crippled in a car accident, and was unable to walk, asked the Missionary to bring him communion. For over twenty years, as Norbert was saying, he had not gone to church and had not seen a priest. Now, however, his heart was changed. The accident which nearly took his life, and his long stay in hospital gave now that his heart had turned to God and that he him the opportunity of thinking about himself. And wanted to go to church, he was unable to do so. And he was sad.

The Missionary hearing of his desire, wanted to bring him communion at his humble home. So, after the High Mass, he organized a procession of all the congregation. The Blessed Sacrament was carried to the sick man, while the retinue sang hymns. The usual prayers were recited at the home, and the procession returned to the church, singing and praying under the direction of Joseph Hayden. Such a beautiful spectacle, worthy of imitation. The Lord Jesus comes to all in our days, as He did of old, when He went about the roads of Galilee, preaching healing the sick, and showing to all the way to Heaven.

—Sam Hayden.

**An Example To Follow:**

We have read with interest the news chronicles from Roseau Res. written by Sam Hayden. Sam Hayden has sent in as many as eight subscriptions to the Ind. M. Record. Thank you Mr. Hayden. Let us hope that on the odd forty other reserves where the Record is read, you will find men animated with the same zeal and interest in your own Indian paper.

You receive the I. M. Record New Series a year for less than the cost of a package of cigarettes. Think of it and send in your subscription.

**White Bear Indian Soldier Killed**

CARLYLE, Sask.—First Indian of the White Bear reserve, near Carlyle, to die overseas, Pte. Edward McArthur of the South Saskatchewan Regiment has been officially reported killed overseas.

He leaves a wife and eight children all under 11 years of age, one brother overseas and another in the forces in Canada. His parents live on the reserve.



## Fort Frances Indian School

April 4.—The Principal and staff of the school were requested to attend a conference held at Kenora Jeffrey School by Dr. Moore, on Vitamins.

April 9.—We were all pleased to welcome into our midst our Inspector, Mr. W. J. Greening, who spent the day in the school. After the usual class inspection he left a large box of candy with the teacher, asking that it be distributed to the children on the following Sunday.

April 20.—Today the Crusaders had a visit from Rev. Fr. Couture and Miss Laporte. They encouraged them to continue this good work and exhorted others to do likewise.

April 25.—On Easter morning six children made their first Communion. Jane Guimond, Beatrice Yurksey, Roger Mainville, Riley Jourdain, Raymond Jourdain, and Marc Jourdain.

The High Mass had a particular note of festivity this year, for complying with the desires of our Rev. Fr. Principal, the children sang for the first time the proper of the Mass. The parishioners sang an Easter hymn from the new Revised Saulteux Book. All were pleased with the piety and feeling with which they sang. They certainly deserve credit for the trouble they took to meet and rehearse.

For the past three weeks our school has been undergoing a thorough repairing. Men are at work on the roof, while the interior is being painted. The chapel, decked out in its beautiful pale colors, has been transformed into an apartment which one would hardly believe was once our former chapel. How pleased we are to have this lovely dwelling for Our Lord. We feel sure that all will be proud of our school when it is finished.

—The Chronicler.

## Marieval, Sask.

Rev. Father Provincial came to visit us at the end of March; the children gave him a reception concert which was well appreciated. In April Father Provincial came back on business on two occasions.

Fr. St. Jacques has gone to Kenora, Ont. for a rest; has been in poor health all winter. Rev. Fr. Marquis, from International Falls is replacing him. We hope Fr. St. Jacques will come back to us soon.

The Cowesses Co-op Store has had a very successful year. It handles besides groceries, dry goods, hardware, fuel wood and pickets, and farm produce. The number of customers is increasing, and the Co-Op. members are expecting with anxiety the payment of their dividends, which will be issued in the near future. Mrs. Gabriel Leost, the storekeeper, devotes herself entirely to her work, and her kind smiles have made a host of friends for the Co-op.

Rosalene Delorme is at Fort Qu'Appelle hospital; she is coming back shortly. Lorenzo Trottier, the shoemaker at the school, went to work temporarily at the Lestock Indian School. Andrew Flamand, a pioneer settler at Crooked Lake, is very ill; he is 85.

Rev. Father Lafleur, O.M.I., from Montreal, spent a few hours at the school on Easter Monday taking moving pictures of the children; these pictures will be part of a talking film which is being prepared by the Oblates in Montreal on the Western Missions.

## Qu'Appelle Indian School

Lebret, Sask.

### NOTICE

The school term ends on June 27th. The parents coming to Lebret for the Procession will be able to bring their children home after the Procession. The children from distant reserves will be taken home as usual, around the 27th of June.

Owing to gasoline rationing and travel restrictions the BOYS' BAND will not be able to attend the flower-days on the Reserves this spring. We are sorry but there is a war on!

### ADMISSION OF NEW PUPILS

Do not wait for the eleventh hour to have your children admitted to school. The school needs the co-operation of the parents more than ever; as gas restrictions and difficulties in travelling are very real, we want the parents to realize that it is necessary for them to prepare for the admission of their children to school well in advance.

The new pupils to be admitted in the fall should be signed for during the summer months. The agent has admission forms, these could be filled by the parents, giving all the details, name in full, treaty number, etc., and then signed by the agent who will forward them to the principal of the school. When school opens in the fall, the principal will have all the admission forms ready to be sent to Ottawa, for approval by the Minister, and there would be no delay. The medical examination of the new pupils can be done before the school term, whenever convenient, by the Doctor.

There is no reason why parents of new pupils should wait until the opening day to have the papers signed; if the school principal had a little more co-operation from the parents his work would be much lighter, and he would appreciate the help very much.

The best time for preparing the admission papers is at Treaty time in June; the Agent will call to your attention the fact that such and such a child is of school age, and then is the time to sign for your children. The age of admission is seven, as you all know, and unless you have a certificate from the doctor stating that your child is unfit for school, that child has to go to school. The children who will be seven before December 31st of the current year are considered of school age.

### SCHOOL NEWS

The Sunshine Branch of the Junior Red Cross, which is the latest formed, under the directorship of Sr. Daudelin, collected the total sum of \$3.40 during the months of March and April. Sunshine Branch is leading now in contributions; the generosity of these little ones sets a wonderful example for others to admire and to follow.

On Sunday April 18th, the school children entertained Fr. Lavigne, O.M.I., Provincial of the Oblates, by a welcome concert. After the nicely executed numbers by the pupils, songs and choruses, and the band selections Father Provincial paid a very nice compliment to the children, saying that very few white schools of the same grades could offer such a varied and well executed program; indeed he did not know of any which was so well prepared for impromptu concerts of high quality. The school children here, as in the other residential schools have a good training which should be used to advantage in the after school years, Father Provincial said.

(Continued next Page.)

## QU'APPELLE INDIAN SCHOOL . . .

On Monday, April 12th, a luncheon was served in honor of Dr. Percy Moore, Medical superintendent of the Indian Affairs Branch at Ottawa. In the afternoon Dr. Moore gave a very interesting lecture on food and vitamins. Slides showed the different diseases which originate due to lack of certain vitamins. Dr. Moore's conference made us all vitamin conscious, and efforts will be made to see that our diet will contain all the essential vitamins necessary for health. Were present at the luncheon and conference: Rev. Fr. de Varennes, from Marieval school, Dr. and Mrs. A. B. Simes, from Fort Qu'Appelle, Mr. and Mrs. L. L. Dobbin, of the File Hills School, Mr. and Mrs. A. C. Huston, of the Round Lake Indian School, Miss A. McCarthy, matron of the Qu'Appelle Indian Hospital; Miss I. Graham, field nurse of the Qu'Appelle Health District, Miss B. Scheidt, field nurse of the Crooked Lakes Agency, and many others from the staff of the Qu'Appelle Indian Hospital, and from the Lebret Indian School.

Through the courtesy of the Seminary and of the Mission at Lebret, the children were entertained with moving pictures on two occasions. A talkie was shown at the church hall by the Dept. of Education on April 13th.

## ABEL WATECH SPEAKS AT REGINA ROTARY CLUB

Old and inaccurate beliefs about the Indians were contradicted by Abel Watetch, of Piapot Reserve, when he spoke at a Rotary Club luncheon in Regina, recently. Mr. Watetch's address was very interesting in his views; he believes that the Indian today is at the crossroads, and hopes that more opportunities and facilities for development will be given to them, specially for the boys who will return from this war.

Mr. Watetch's plea is very sensible; he has seen the great progress made by the Indians in the last fifty years. During this period of time the Indians of the plains have been called upon to learn farming and cattle raising as a means of making a living, now that the herd of buffaloes had disappeared. This change of life has been gradual and now we can see quite a number of Indian farmers who are successful. There is no doubt that new opportunities will present themselves to improve present conditions; the Department has taken steps to induce many school children to take up vocational training, and the success of this plan lies with the co-operation given by the Indians themselves. The Indians will advance on the road to progress insofar as they work energetically and without cease. The old days are gone, the new era is dawning; the Indians who are sincerely anxious to improve their conditions have, right now, a great opportunity. There is a very good market for meat; cattle raising, hog raising and poultry farming are very profitable. There is no doubt that those who endeavour to go ahead will be successful.

There is no need to wait until after the war; now is the time to go to work. Your country needs it; you yourselves need it. A good, industrious and stable farmer can make a very decent living; especially one who has no taxes to pay, who has free medical care and education for his children, can devote all his energy and resources to be a successful farmer.

## News From St. Philips

At the beginning of the month we had the visit of Father Marquis, O.M.I.

We had the visit of someone else also. The Grippe was its name. The girls were the first to welcome this visitor into our midst. The boys, to copy the girls, received it also. Finally this unwanted guest was thrown out of the house, but promised to return next winter.

Rev. F. Principal and Rev. Sister Superior went to Winnipeg to buy many things for the school.

Alleluia! Easter! and how bright was the sun! and how bright were the faces of all. Many people at Mass, many received Holy Communion. Alleluia! Easter morning was the greatest day in the lives of six amongst us. For they received for the first time our Divine Lord in Holy Communion. This was the great privilege of four girls and two boys.

We were sorry to see Joseph Severight, who was back with us since January, leave our school once more, for the Hospital of Fort Qu'Appelle. This time he did not leave alone. Magnus Kitchimonia left also. Both needed hospital care. We hope that they will not be gone too long, and that soon they will be back with us in perfect health. May God hear our prayers said for them.

## HAPPENINGS ON THE RESERVE

A sewing club with the young ladies, ex-pupils of the school, has just been organized. Miss Mabel Musqua was elected president, Miss Gladys Qwewezance, secretary. Best wishes for the success of this new organization.

May he rest in peace. This prayer goes for the repose of the soul of Mr. Sam Francis who died Friday on the 30th day of April, having received the last Sacraments.

His death was the echo of his life. HOLY. Seen with our human eyes, and judged with our human intelligence, his death was one of the greatest losses the Reserve has had for years. For he was a man who loved all, and who was loved and honored by all. He was a real Indian but also a real Christian. Thus proving that both can well go together. His life was a life of charity towards all, but especially towards some of his relatives. He was a model, an example to all, a true and devout Christian. Never did he miss Mass or any of his religious duties. He was a man of prayer. He prayed and made others pray before going to bed at night. Many times have I seen him coming to school with his rosary in his hand, reciting it on the way. Therefore I do not hesitate to give this true Christian and true Catholic as an example to all, especially to our Indian population for he was one of them. Proud they should be to count among them such a holy man. My only hope is that they will follow his example in the practice of the Christian virtues of which he gave them such a faithful example. As said in the beginning, his death seems to be a real loss for the reserve and school, for we cannot appreciate too much all the services he rendered to both. But looking upon his death with the eyes of our faith, we see that, though his body is in the grave, his soul lives and once near God he will pray and help us all in the fulfilment of our daily duties.

To his relatives and friends we express our deep sympathy, but to you all may I say: rejoice, for: "Happy are those who die in the Lord."



# NUTRITION CAMPAIGN

(M. Christianson, Regina.)

A meeting was held at the office of the General Superintendent of Indian Agencies at Regina, on April 9 and 10, where all the Indian Agents, Medical Superintendents and Farming Instructors for this province were present. This gathering took place for the purpose of attending a lecture given by Dr. P. E. Moore, Acting Medical Superintendent of Indian Affairs, on nutrition, supported by slides. Dr. Moore is touring across Canada in the interest of promoting better food habits amongst the Indians and has brought with him a variety of information of the latest findings as to how important a proper diet is to better health. Although every phase of Indian problems on the reserve were discussed at this gathering, Saturday afternoon, April 10th, was mainly devoted to the subject of nutrition and health.

It was brought to mind that in the bygone days the chief diet of an Indian was meat and fish supplemented by berries, and no thought was given whether his diet was balanced or not until he took sick. Only when he was sick did an Indian become concerned about his health and the Medicine Man or someone else gave him certain herbs to eat. In a host of cases this concoction of herbs did a great deal of good as in the opinion of Dr. Moore, they contained certain vitamins essential to health and recovery. Of course these were given at random and no scientific diagnosis was made of the sick nor was there any knowledge of the vitamin content of the herbs, the kind of vitamins and whether in their application what amount of surety lay there in aid to recovery.

With the Indians now living amongst other races in an entirely transformed environment it was significantly shown that he should concentrate on his food requirements and the proper kind of food for himself and his family. He can no longer depend alone on his emotional feelings of hunger guided by his sense of taste and smell. He must also know the substance he is consuming and its value to better health. This is not only from an economic point of view but to keep himself in the prime of life and raise a healthier family.

Our diet consists chiefly of all kinds of meat, including fish, vegetables, fruits and milk products. Meat and fish seem to be the food standards. It is perhaps more palatable, easier to procure and easier to prepare. Without doubt it has its place in our diet as lean meat supplies the human body with proteins as a body building process and fats are a chief source for a heat supply. Nevertheless, our body requires minerals for bone structure and protective foods, such as vitamins, to build up body resistance. These can only be found in vegetables, fruits and above all, milk. This was shown on the screen by Dr. Moore from records given as a result of an investigation. A case was cited where an Indian was suffering from a certain eye disease. He was placed on a diet of vegetables and milk and his eyes healed to a remarkable degree in the course of four days.

It was further indicated from most recent investigations what certain foods would do to those suffering the ill effects of nature. For instance bow leggedness and other bone deformations is due to lack of Vitamin C. This Vitamin is found in toma-

atoes, potatoes, turnips, green leaf vegetables and fruit. Watch the growing children's teeth and supply them with sufficient Vitamin C foods. Also pictures were shown where Indians were suffering from eye disease and this was attributed to lack of Vitamin A. Milk, butter, green and yellow leaf vegetables should be adopted so as to supply one's body with sufficient Vitamin A. In addition to vitamins, known as protective foods, our body requires proteins, carbohydrates, minerals, particularly phosphates, iron, calcium, and iodine and water. Milk is one of the best sources for all these requirements. Vitamins A, B and its members as thiamin, riboflavin and nicotinic acid, etc., and Vitamin D, are found in milk in sufficient quantities. Eggs are recommended for Vitamin B and all its members and also for Vitamins D and E.

There is no serious concern in destroying such body building constituents of food as proteins, carbohydrates, and minerals during the process of cooking. But the protective goods as vitamins with their complex chemical structure can easily be rendered valueless in the process of applying heat. For instance, Vitamin C is destroyed seriously when the food containing it is cook in water, as tomatoes, potatoes, turnips, green and yellow vegetables, etc. Also there is a very serious loss when certain food is exposed to air. In commercial canning the loss is slight. We can, therefore, deduce that canned tomatoes are valuable. Dr. Moore suggested that potatoes should either be baked in the oven with their jackets on or boiled in water in their skins, thus retaining their vitamin value. They should not be boiled too long nor should they be mashed. Vitamin B and its members are seriously lost when cooked in water but applying heat as in baking entails very little loss of this vitamin if any, except for thiamin which is found in whole-grain cereal products, milk, potatoes, meat (especially pork), eggs, etc. There is a very slight loss of Vitamin A and no loss of D, E, and K when heat is applied in any form.

Iodine, although it is not a mineral, is very important but only a small quantity is required and this is obtained by using iodized salt or by eating fish.

The agents have indicated, substantiated by their farming instructors, that last year the Indians have raised considerably more vegetables over that of the previous years. This in itself is an indication that they realize what is needed. However, they have not yet reached the point where more is not needed. Therefore, this year which is just commencing an even greater effort must be made not only to raise more potatoes but a greater variety of vegetables.

Milk, butter and cheese as it was pointed out are very important in ones diet, and also eggs. Young married couples, particularly those raising a family, should have provision for an ample supply of milk and eggs. Without that one cannot expect to bring up a healthy family in mind and body. It was reiterated that every Indian loves his offspring and this alone, to raise a healthy child, should be an incentive for the young family to keep cattle and chickens at least for their own immediate requirements. Young women who are expectant mothers should

(Concluded next page.)

## NUTRITION CAMPAIGN . . .

pay close attention to their diet so as to bring into this world a healthy child. The general consensus was that not enough attention is paid by Indians in the raising of cattle and poultry. Those families who cannot arrange to get a cow, goats might be procured to supply the household with sufficient milk, as they are cheaper to buy.

The culinary art in the cooking of meat seems to be no big problem as all children and adults including husbands, like meat. However, with respect to milk and vegetables there is a different problem for the housekeeper. In most instances these foods have to be made attractive by changing the methods of cooking bearing in mind not to destroy their value. Every Indian wife, mother and even young girl should pay particular attention to proper methods of preparing and cooking food so as to render them more palatable retaining their value in vitamin content. Taste is very important as far as getting youngsters to eat and a palatable dish placed before the family is an accomplishment in itself. Therefore, just because a child does not like a certain dish of vegetables or milk does not mean that this should not be fed. Some other method of preparation should be adopted. An Indian was asked why he does not use more potatoes at his meals and he came back saying, "Sir, if your wife would cook potatoes as my wife does you would not eat them too." Here is the trouble and surely this can easily be overcome with a little more attention. If an Indian woman cannot do a certain thing in the way of cooking there is always someone who would be glad to come to her assistance.

With a greater scarcity of food, some already rationed and some to be rationed, it has become more important for our Indians to raise their own requirements at least for their own use. All those present felt that greater attention will be given to gardens, cattle and poultry. More Indians have turned their attention in this direction but not all are behind this program. There is also a patriotic duty to perform by each and all at this time and as the Indians are doing their part in the war effort they will not fail us here too but get out and raise their own food requirements.

## ASSINIBOINE RESERVE

Sintaluta, Sask.

In April the Red Cross organized a bingo party and box social which netted \$46.00, which amount was sent in as part of the national drive for funds.

On April 28th Mrs. Maggie Drybone, mother of Ruben Rider, and of Mrs. Geo. Owatch, passed away. She is also survived by a brother, Jos. Dick Rider of the Standing-Buffalo I.R. and by Mrs. Alice Bear.

Mary Walker, daughter of Dennis Walker and Doris Ironstar, daughter of Philip Ironstar, have joined the WAACs in April. They will soon go to Kitchener, Ontario for further training.

An excellent booklet entitled "Guide to Farm Practice in Sask." can be had from the Dept. of Extension, University of Sask., at Saskatoon. This book is very well adapted to agriculture in our province and should be widely known and studied.

## WILD RICE SEEDING FOUND SUCCESSFUL

Successful experiments in the seeding of wild rice have been made during the past five years in Saskatchewan, according to the annual report of the department of natural resources submitted to the provincial legislature by Hon. W. F. Kerr, minister in charge of the department.

Wild rice provides an excellent source of food supply for ducks and other species of migratory game birds. Muskrats relish and thrive on the ripened seed and build their winter houses from the stocks, which reach five to seven feet in height, according to the report.

Rice beds, several acres in size, have been seeded near Lac la Ronge and Ile a la Crosse. Small quantities of seed have also been strewn in streams and lakes at other points.

Upland game birds and migratory waterfowl were plentiful in the province during the open season of 1941, the report stated. These provided recreation and handsome bags for an increased number of licensed hunters.

The sharp-tailed grouse was more numerous in many districts than in previous years. This hardy native game bird is thought by experts to be nearing the high of its cycle and a reduction of its numbers is expected in a year or two.

Hungarian partridge, ring-necked pheasant, ruffed grouse, ptarmigan and spruce grouse were listed as other species found in goodly numbers. The numerous small water developments completed within the past few years under the Prairie Farm Rehabilitation act, together with larger storage basins, provided splendid resting places for large numbers of migratory birds.

Big game animals were reported to have held their own well. Moose was found in large numbers in the northern forested regions, deer were plentiful in the park belts, and antelope showed a considerable increase in number. Caribou from the far north migrated southward each fall in large numbers.

## WILDLIFE RETURNS

By T. L. Shepherd

I came into this district in the summer of 1915, and although I travelled many miles in a democrat that year, I didn't see any antelope, sage hens or European partridge. The partridge showed up three years later, the sage hens moved up from farther south, while the antelope didn't become common until nearly 1930. They continued to increase, even a short open season for hunting only served to drive them from the open plains into the more hilly land in the fall.

With very few exceptions, I find more wild things in this district these last few years than I have ever known before. The open fields have bands of antelope and flocks of sagehens, the farms and shelter belts have their European partridge, the creek bottoms the prairie chicken and ring-neck pheasant, while the forest reserve has jumping deer and imported elk.

We know that the western plains abounded with all kinds of game and wild life up to the time the Indians became armed with the repeating rifle. From then on the supply dwindled until the early part of the present century, when some far sighted leaders realized that something should be done about it. So game laws were framed and some of the public became more interested in conservation.



# CATHOLIC FAITH

## THE SACRAMENT OF HOLY EUCHARIST

The Holy Eucharist contains: 1. Body and Blood, the Soul and Divinity of Our Lord Jesus Christ, 2. under the appearances of bread and wine.

This is the most excellent of all the Sacraments. The other Sacraments give us grace, but in Holy Communion we receive the source of all grace, Jesus Christ, Himself.

### PROMISE OF TRUE BREAD FROM HEAVEN (John 6:22-59)

The day after our Lord fed five thousand people with five loaves and a few fishes, He spoke to them about the "bread of life," which He would give them. They begged Him eagerly: "Lord, give us this bread." He replied: "I am the living bread which came down from Heaven. If any man eat of this bread, he shall live forever. And the bread that I will give, is My Flesh for the life of the world."

The people did not understand how this could be and so many of them left Our Lord. He did not call them back, however, to tell them that they had misunderstood Him. He meant exactly what He said and He fulfilled His promise at the Last Supper, the night before He died.

### INSTITUTION OF THE HOLY EUCHARIST

Jesus knew that He was going to die, but He worked a great miracle in order that He might always stay with us. He took bread and blessed it and said: "This is My Body." Then He took wine, blessed it and said: "This is My Blood." Only God could do this, but Jesus is God. In instituting the Blessed Eucharist our Lord used bread and wine to tell us that just as bread and wine are food for the body, so His Body and Blood would be the food of our souls.

The Apostles received Our Lord's Body and Blood there at the Last Supper. It was their First Holy Communion. But Our Lord wanted us to have His Body and Blood too, so He made the Apostles priests and gave them the power to do what He had done. He told them: "Do this for a commemoration of Me." They handed down their power to other bishops and priests. These bishops ordained others, and so on. Thus the priests of today do exactly what Christ did at the Last Supper. They change bread and wine into the Body and Blood of Christ and give It to us in Holy Communion, just as Our Lord gave It to the Apostles.

It looks and tastes like bread and wine, but It is really and truly the Body and Blood of Jesus Christ.

### WE SHOULD RECEIVE HOLY COMMUNION OFTEN

Our Lord gave us the Holy Eucharist under the form of ordinary food and drink. Just as we have to take food often to keep our bodies strong, so He wants us to receive Holy Communion frequently, to nourish our souls. We should have Our Lord come into our hearts once a week or every day, if possible, so that we may always have Him with us to help us to be good.

### PREPARATION FOR HOLY COMMUNION

(1) The Blessed Eucharist being a Sacrament of the living, the soul must be in the state of grace to receive It worthily. (2) We must have a right in-

tention. (3) We must be fasting from midnight. (4) Be very neat and clean in our appearance. (5) We should make fervent Acts of Faith, Hope, Humility and Desire.

### THANKSGIVING

After Holy Communion we should spend some time in devout prayer, thanking our Lord for having given Himself to us. No time is more precious than that immediately following Holy Communion. It is then that our dear Lord is most generous with His graces.

### THE REAL PRESENCE ON OUR ALTARS

Jesus stays in the tabernacle day and night for love of us. He is our best Friend and He loves to have us visit Him in the Church whenever we can. We would not pass the house of an earthly friend without running in for a few minutes at least. Neither should we pass Our Lord's house, the church, without paying Him a little visit.

## Joseph Chiwatenwa, Lay Apostle

By Hugh MacKinnon, S.J.

This is the story of a man, who knew God's greatness because trees were straight and strong, but who learned about God's love when he heard that crosses could be made of trees. It is the story of a man, who heard a message and believed that stars were bright because they punctured heaven's canopy and let a little of heaven's light shine through. It is the story of a man who exulted in God's gift of Faith but knew that Faith without good works is dead.

Joseph Chiwatenwa was a Huron Indian Chief born on Georgian Bay a few years before the founding of Quebec in 1608. History records that, "Chiwatenwa, though living in the midst of vice and superstition, had practised all his life every social and natural virtue. He married while young, and remained faithful to his wife. He never resorted to the superstitious practices of his people for the sake of health or success in fishing and hunting. He did not gamble nor did he use tobacco."

Was it that God wanted to gladden the eye of the early missionary with the sight of an Indian as God must have meant Indians to be? Some call it chance. But might not we call it the Providence of God? Perhaps He wanted to drive home the lesson of sin's evil. For Joseph Chiwatenwa differed from his brothers in that, that where they were vicious he was virtuous. Were it not for their vices, the hard climate of America would have toughened the fibre of their characters as it toughened the fibre of their bodies. And had the rational in them triumphed over the animal, they would have seen the sights that Chiwatenwa saw around him. For there was poetry in the pine forests; the wild gaiety of rivers loosed from their icy bondage sang a song of joyousness; music was in the wind rustling through autumn woods; Chiwatenwa listened and learned the lessons that the trees and the stones and the running brooks had to teach.

How else explain the facts? There is his eloquence, rough hewn, yes, but strong and true. His was not the moulded perfection of a Demosthenes charm-

(Continued next page.)

## JOSEPH CHIWATENWA . . .

ing an audience of acutely critical Athenians. Rather might Chiwatenwa have said:

"Rude am I in my speech,  
And little bless'd with the soft phrase of peace."

But he had a power of eloquence that was almost poetic. With sure instinct he drew his images from the concrete things of common life, "candles" and "copper kettles", "tomahawks and tents." His sense of humor, sometimes disconcerting, was ever laugh-laden. Even the missionaries marvelled at his powers of memory. Add to this physical courage, that was tried in battle-fields of blood, moral courage that was tried by even sterner tests. And you have the man as he was before he knew the saving name of Christ.

Joseph Chiwatenwa became a Christian on the 15th of August, 1638. The graces of Baptism lifted to new levels this man to whom natural goodness had been native. History tells us that "A short time afterwards he went to the chapel to a public offering of his services to the fathers. Nor did he ever fail to live up to his promise of leading a life of holiness." From this on, his life was a life of true Catholic Action.

We hear strange stories about Chiwatenwa. In imitation of the Apostle Matthew he celebrates his call to Christ by inviting his friends to a splendid feast, during which "he made a great many speeches in all of which, he explained the mysteries of the faith". Another time he stands a second Abraham, offering his son a sacrifice to God. God accepted this sacrifice. His son, taken with fever, died. Amid a raging storm he sets out to rescue Jogues and Garnier from the tomahawks of a hostile tribe. Single-handed he saves the missionaries and brings them safely to home. Alone he returns to upbraid the offending Chief. "You laugh at me", he says, "and call me believer. That is my greatest glory. Our ancestors were excusable, for they never heard what you have heard. But you will be punished a thousand times worse than they, if you remain in the degradation from which the missionaries wish to raise you". Was it an echo of our Lord's words, "If I had not come and spoken to them, they would now have sin". An echo? Yes. Chiwatenwa had heard and now he would pass the word along. For this heroic Huron chief had heeded the command, "Be ye doers of the word and not hearers only". And with the simplicity of his savage heart, with the simplicity of Christ's children, who crowd the halls of heaven, he dedicated his life to the services of the Great Christians.

Joseph Chiwatenwa died as he had lived, a warrior chief, servant of Christ. After completing an eight-day retreat at Fort Ste. Marie he was on his way to Quebec with a letter for Father Vimont. Two Iroquois Indians attacked him and after a fierce fight, killed him. The next day, friends found his body in the woods.

He has passed away: but not "as a ship that passeth through the waves; whereof when it is gone by, the trace cannot be found, nor the path of the keel in the water". He has passed away: but the splendor of his deeds lives on. Look back across the span of three centuries and you will see his tall, tough figure silhouetted against the pine trees of his native forest. Above, the moon moves in silent majesty across the sky.

## THE LIFE OF JESUS

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## Chapter V — The Sermon on the Mountain

Metas ki nomake amadijiwet wadjiwing, ki nama-tapi; o kikinohamaganan o ki giwitackakon. Jikwa ki ganawabamat, ki madjikikito, kikinohamawat oho inat:

"Cawendagosiwo getimakisiwat o nanagatawend-jikaning, minange tibinawewisiwak kitci kijiko-okimaganandjigan.

"Cawendagosiwok kwayakwatisiwin, minange aki o ka tibendanawa.

"Cawendagosiwok kwayakwatisiwin nayondeskatengin kaye nayondeyabagwengin ka iji missawendamowat, minange ta debendamihawak. Geget, kinawa nongum meyiweg ki cawendagosin, minange minawanigosiwining ki ka ayam; kinawa dac nongum nayondeskateteg. Ki kitci cawendagosim, anic ki ka tebandamihikon.

"Cawendagosiwok gitimagenimiwewet, anic ta gitimakenimawak.

"Cawendagosiwok payinitehewat, anic Kije Maniton o ka wabamawan.

Cawendagosiwok payekatisiwat minange Kije Manito o nidjanissan, ta inawak.

Cawendagosiwok kwayakwa tisiwin wendjikwatakihindwa, minange Kitci kijiko ogimakandjigan o tibinawewisinawa.

"Ki ka cawendagosim api anicinabek cingeniminegwa ma matci pakidjiminigwa, api kwatakihinegwa, api ikonijahonegwa tci widjiwassiwegwa, api anote iko iji ayakatchinegwa, api ondjihiwewat apucke tci winikowayek tabicko kibickamowaweg anicinabe Ogwisissima ot ijiteigewin, api anica kekina-wicki mamatci inadjimonegwa, nin ondji minawamikwendamok kaye modjikisik, api ihi ijissemagak, minange apitci ki ka kitci tipahamakowisim kitci Kijikong. Mi sa ot ayanike nikihirowan ka iji waki-hanit nigadjimohikowisiwininiwan ka pi pimatiscipwa ayayeg."

(To be continued.)

## Church Calendar

June 3rd: Ascension Thursday. Holy Day of obligation.

6th: Sunday within the octave of the Ascension.

12th: Saturday, vigil of Pentecost. Fast and abstinence.

13th: Pentecost Sunday. (Soming of the Holy Ghost on the Apostles).

16th, 18th and 19th: Ember days. Fast and abstinence.

20th: Trinity Sunday. End of Easter time.

24th: Corpus Christi.

27th: Sunday Procession of Corpus Christi.

Read in our next issue: "It is a Small World", by John LeCaine, one of his most interesting contributors. We are sorry there is no space in this issue to publish it now.